



Join our Drug Prevention Campaign!!!

Inside this issue...

What is spiritual disturbance?...	2
How can one stop it.....	2
Suggested prayer.....	2
Thought is Life.....	2
Passes and Prayer.....	3
Fluidic/Magnetized water...	3
At-a-distance spiritual treatment...	3
Fraternal Counseling.....	3
Secret Thought.....	4
Our activities.....	4
Recommended Books.....	4

Edited by



All rights reserved

SSB

Spiritist Society of Baltimore, Inc.
1101 N Calvert St. # 514,
Baltimore, MD 21202
Tel: 410-382-5328
Fax: 410-837-4590
ssb@ssbaltimore.org
<http://www.ssbaltimore.org>

What Is Spiritual Treatment For?

According to Spiritism we live to develop the psyche's potentialities with which we are all endowed. Our earthly existence has as its aim the transcendence, that is to say, the constant overcoming of our human condition¹. Illness belongs to the tests and vicissitudes of earthly life. It is inherent of the grossness of our material nature. Passions and excesses of all kinds create unhealthy conditions in our organism, which are sometimes transmitted by heredity. Moreover, ignorant spirits encircle the Earth, due to the moral inferiority of its inhabitants. Their ignorant action forms part of the afflictions which face humanity. Obsessions, just as much as infirmities and all life's tribulations, must be considered as tests and atonements.

In an obsession, the person being obsessed is enveloped and impregnated by pernicious substances, so neutralizing the action of healthy fluids and repelling them. It is very important to free the person from these negative vaporous fluids. However, a bad fluid cannot be eliminated by other bad fluids. By a similar action to that exercised by a healer in the case of illness, it is necessary to expel the bad substances with the help of better ones, which in a certain way

produces the effect of a reaction. This may be called a mechanical action, but it is not sufficient alone. It is also necessary and most important, to *act upon this* intelligent being by speaking with authority, which can only be achieved through moral superiority. The greater this is, the greater will be the authority.

This is not all however. In order to guarantee liberation from the obsessor it is also necessary to induce the ignorant Spirit to renounce their bad designs, to awaken repentance in them and a desire to do good. This can be done through the means of skillfully directed instruction, given during special private meetings for this purpose, with the objective of offering moral education to this Spirit. Then it may be possible to have the double satisfaction of liberating an incarnate Spirit and converting a discarnate one at the same time.

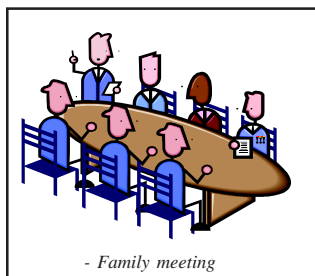
This task is made easier when the obsessed person, understanding her situation, joins it with prayers and adds her cooperation in the desire to recuperate². ■

¹ Obsession by J. Herculano Pires, Chap 1 - The meaning of life, SAB 2004.

² The Gospel According to Spiritism by Allan Kardec, Chap 28 - For those who are obsessed. AKP 1993.

GOD AT HOME

"For where two or three are gathered together in my name, there am I in the midst of them." - Jesus Christ. (Matthew, 18: 20).



In a challenging world, it is essential that the family finds ways to protect and recharge its forces in the light of the Divine teachings. The God at Home meetings are these wonderful opportunities in which the spirit guides/mentors can help the family/home members. Here are some guidelines to these family meetings:

- 1- Invite family members and/or friends to participate. However, if no one wants to, do it yourself alone.
- 2- Choose day and time to have the God at Home meeting in a weekly basis. Be consistent!!!
- 3- Start it with a short heartfelt prayer.
- 4- Read and study inspirational messages from books such as the Gospel Explained by Spiritism, Child of God, or any others that fits the purpose.
- 5- Close it with a prayer.
- 6- Maximum time recommended for the meeting: 30-40 min.
- 7- Do not use these meetings to bring about family/personal issues.

The God at Home is "equivalent to a lamp shining onto the work of assistance and spiritual enlightenment." (From the book Disobsession by Andre Luiz, F.C. Xavier and W. Vieira - SAB 2003)

What is a spiritual disturbance?

*In Spiritism, spiritual disturbance can also be named as Obsession.
The treatment for obsession is named Disobsession.*

Obsession is the persistent action which an ignorant spirit exercises over an individual. It presents many different characters, from the moral influence without any distinct exterior signs, to complete disturbance of the organism and of the mental faculties¹.

Can a spirit temporarily take over an animate body and act in the place of the spirit rightfully incarnated in it?

- A spirit does not enter a body as you enter a house. It might, however, associate itself with a person with similar defects and qualities, and the two of them may act together. But one always acts of one's own free will. No other spirit can take the place of one who is incarnated in a given body. A spirit is indivisibly united with its body until the hour Providence has decreed the body must die.

If there is no such thing as "possession" in the ordinary sense of the term that is to say, the cohabitation of two spirits in the same body is it possible for an incarnate spirit to find itself so influenced by a another that its will is paralyzed?

-Yes. It is this domination that actually constitutes what you call possession. But it happens only when the subject, by its own free will or weakness of character, agrees to it. We should add that people often confuse possession with cases of epilepsy or madness cases that require the help of a doctor rather than a clergyman².

¹Genesis by Allan Kardec, Chap XIV - Fluids - SAB 2003.
²The Spirits' Book by Allan Kardec, q 473 and 474 - AKES 2003.

GOOD vs. BAD

"Good is anything that conforms to the law of God; bad is anything that departs from it. To do right is to conform to the law of God; to do wrong is to break it."

(The Spirits' Book q.630)

How can one stop a spiritual disturbance?

The will power of an upright person may be useful in attracting the cooperation of good spirits. The more upright someone is, the more power he or she possesses both to drive away wrong-doing spirits and draw good ones nearer. Still, even the best person is powerless in cases where the subjugated individuals refuse to participate in efforts to liberate themselves. There are men and women, unfortunately, who take pleasure in a state of dependence, especially one that panders to their lower appetites. But in no case can someone with an impure heart exercise a liberating influence. The more advanced spirits shun that person, and the less evolved ones feel no respect in his or her presence.

Prayer is always a successful means of getting help. But remember that muttering certain words is not enough. God helps those who help themselves but not those who limit their action to asking for help. People in such a situation must do everything they can to rid themselves of the imperfections that are attracting these spirits. ■

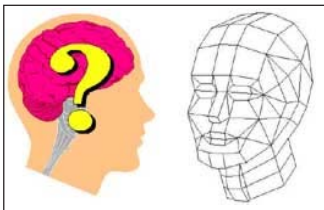
- The Spirits' Book by Allan Kardec q 476/479. AKES, 2003

SUGGESTED PRAYER TO BE SAID...

...For the one who is obsessed: Almighty God, may it please You to give me the power to liberate X... from the influence of the Spirit that is obsessing him. If it be in Your designs to put an end to this test, concede me the grace of speaking to this Spirit with the necessary authority. I ask all good Spirits who help me, and you, his Guardian Angel, to give me your assistance; help me to free this sufferer from the impure fluids which envelop him. In the name of Almighty God, I urge the malefic Spirit which torments this person to retire!

...For the obsessing Spirit: Lord of infinite goodness, I implore Your mercy for the Spirit who is obsessing X... Help him to see the Divine Light so that he may recognise the falsity of the path he follows. Good Spirits, help me make him understand that he has everything to lose by the practise of evil, and everything to gain by the practise of good. To the spirit who is tormenting X..., I beg you to listen to me since I speak to you in the name of God! If you would but reflect, you would understand that evil can never outdo goodness and that it is not possible to be stronger than God and the good Spirits. *(for more suggested prayer read chap 28 from the Gospel according to Spiritism by Allan Kardec.)*

THOUGHT IS LIFE !!!



Men are incarnate beings and have in part the attributes of the spiritual life; for they live in this life as well as in a corporeal one, always during sleep, and often in a conscious state. The spirit, incarnating itself, preserves its

perispirit with the qualities which are proper to it, and which, as is known, is not circumscribed by the body, but envelops and radiates around it like a fluidic atmosphere.

By its intimate union with the body the perispirit plays a preponderating role with the organism. By its expansion it places the incarnated being more directly in contact with free spirits. The thought of the incarnated mind acts upon the spiritual fluids as that of the discarnated spirit's thought acts. It is transmitted from spirit to spirit in the same way, and, according as it is good or bad, it holds a vicious or healthy relation to the surrounding fluids. Since the fluids of an ambient are modified by the projection of the spirit's thoughts, his perispiritual body - which is a constituent part of his being, and which receives directly and in a permanent way the impressions of his thoughts - should receive even more so

the impressions of his good or bad qualities. The fluids vitiated by the effluvia of the bad spirits can be purified by their removal. The perispirit however will always be that which it is, as long as the spirit does not modify itself.

The perispirit of incarnates, being of a nature identical to that of the spiritual fluids, assimilates itself with them readily, as a sponge absorbs water. These fluids have over the perispirit an action which is the more direct because of its expansion and radiation; it confounds itself with them.

These fluids acting upon the perispirit, the latter, in its turn, reacts upon the material organism with which it is in molecular contact. If the effluvia are of a good nature, the bodies receive a salutary impression; if bad, a painful one. If the bad are permanent and energetic, they can cause physical disorders; certain maladies have no other cause.

The midst where bad spirits abound are then impregnated with bad fluids, which are absorbed through all the perispiritual pores, as by the pores of the body pestilential miasmas are absorbed. ■

¹Obsession by J. Herculano Pires, Chap I - the meaning of live, SAB 2004.

²The Gospel According to Spiritism by Allan Kardec, Chap 28 - For those who are obsessed. AKP 1993.

The Spiritist Help

Passes and Prayer



The pass is a transfusion of energies that alters the entire cellular field. Science teaches us that the atom is not the indivisible component of matter, but rather prior to it are sub-atomic principles, and that prior to those principles is thought. In Nature, everything originates in the spirit. If we renew our thoughts, everything within us is modified. In magnetic healing, the sending and receiving of this spiritual assistance helps the patient to help herself. Her enlivened mind is able to renew the microscopic organisms in her body and healing begins. The pass has a decisive influence in healing when received with respect and confidence,

...And can it be given at a distance?

"Yes, as long as there is harmony between the one who administers it and the recipient. In this case, several spiritual companions collaborate to promote its realization. Silent prayer is the best vehicle for healing energy." - In the Domain of Mediumship by Andre Luiz (Spirit)

through F.C Xavier, SAB 2004. Fig. from *Magnetic and Spiritual Healing* by Jussara Korngold, SAB.

At-a-distance Spiritual Treatment

This is a type of pass that is carried out in the absence of the patient. There are many cases in which the patient is physically unable to go to the pass session, because of distance involved or because the patient is bed-ridden. Sometimes it may be the case of someone who is in dire need but does not believe in Spiritism or in any other belief. Therefore, Absentee Pass makes it possible to be of assistance to anyone in need, either physically or spiritually, whether they are believers or not, or whether they know what we are involved in or not.

This process is usually carried out in conjunction with the Mediumship Development Session. At a pre-arranged time especially reserved for this purpose, the names of those patients needing this type of assistance are called out individually and the group spends a few moments in concentrated prayer, directing their thoughts exclusively to each person, as their name is said. This creates a greater concentration of energies in their direction, the energies are multiplied according to the number of persons joined in prayer and not, as is usually supposed, by the length of time dedicated to each name.

Practical Guide for Magnetic and Spiritual Healing by Jussara Korngold, Absentee Pass. Chap 9. SAB 2003.

Fraternal Counseling



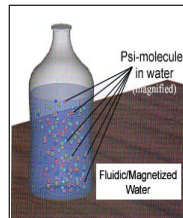
Spiritist Centers offer this modality of fraternal assistance in order to help the newcomers and anyone who is in need of counseling due to physical, psychological and/or spiritual disturbances.

The fraternal Counselors are specially trained on both the knowledge of Spiritism and in the techniques of counseling.

Fluidic/Magnetized Water

The human body is known to be composed of about seventy percent of water. In Spiritist Thought it is a common practice to offer a small quantity of water to the patient after receiving the pass as a complement to this process and as a means of revitalizing the physical body. This is not ordinary water, because it has been saturated with beneficial fluids (*psi-molecules*) originated in the spiritual world under the guidance of the Spiritual Benefactors responsible for the work of passes. This is why it is called magnetized water. This special water enables the patient to retain energies and increases the absorption potentialities of restoring fluids received during the pass. This will allow the patient to continue to receive spiritual benefits between the pass sessions. It is also very helpful for the digestive organs to receive a direct influx of spiritual fluids.

Ordinary water has the possibility of conserving spiritual fluids for indefinite periods of time without having their properties suffer any deterioration. Being of an inorganic nature this substance also plays an important part in the revitalization of the physical body and is in fact the primal vehicle of vitality and thought to act as a possible link between organic and inorganic principles. (*Practical Guide for Magnetic and Spiritual Healing* by Jussara Korngold, *Magnetic Properties of Matter*. Chap 13. 2003 SAB. Figure adapted from '*Manual do Passista*' by Jacob Melo 2003).



Secret Thoughts

I hold it true that thoughts are things
Endowed with bodies, breath, and wings,
And that we send them forth to fill
The world with good results – or ill.

That which we call secret thought
Speeds to the earth's remotest spot,
And leaves its blessings or its woes
Likes tracks behind it as it goes.

It is God's law. Remember it
In your still chamber as you sit
With thoughts you would not dare have known,
And yet make comrades when alone.

Theses thoughts have life; and they will fly
And have their impress by-and-by,
Like some marsh breeze, whose poisoned breath
Breathes into homes its fevered breath.

And after you have quite forgot
Or all outgrown some vanished thought,
Back to your mind to make its home,
A dove or raven, it will come.

Then let your secret thoughts be fair;
They have a vital part and share
In shaping worlds and molding fate –
God's system is so intricate.

Newspaper: The Progressive Thinker
Chicago, IL. May 27, 1939

UPCOMING EVENTS

2004 WORKSHOP SERIES

Aug 28 – Spiritual Treatment

Sep 18 – Photography of the Thought

Oct 16 – America and its role on Earth's spirituality

Nov 13 – Astral cities: Our spiritual homes

Dec 04 – The Spiritist View of Jesus, the Christ

Free Admission !!!

Activities for CHILDREN (above 4 years old) are provided, while parents are at Workshop

Time:
7:30 PM - 9:00 PM

Place:
Ruscombe Mansion Community Health Center
4801 Yellowood Avenue
Baltimore - MD 21209

JOIN OUR ACTIVITIES

SPIRITIST THOUGHT STUDY GROUP

These meetings take place every **Thursday** from 8:00PM to 9:30PM for the study of the Spiritist Doctrine. They are open to the general public. For more information, please contact us.

Phone: 410 - 837-0991 or 410-382-5328
e-mail: ssb@ssbaltimore.org

FRATERNAL COUNSELING & SPIRITUAL TREATMENT

These services are offered every **Monday** from 7:00-7:45PM. Please, contact us for more information.

Phone: 410 - 837-0991 or 410-382-5328
e-mail: ssb@ssbaltimore.org

Mediumship Educational Meetings (by invitation only)

These meetings take place every **Monday** from 8:00 PM to 9:30PM for the study and practice of mediumship according to the Spiritist thought.

Our activities are free of charge !!!

DO NOT RUIN YOUR DAY

Your irritation will not solve any problems.
*

Your contrarities will not alter the nature of things.
*

Your disappointments will not do the work that only time will achieve.
*

Your bad humour will not modify life.
*

Your pain will not stop the sun from shining tomorrow over the good and the bad.
*

Your sadness will not illuminate pathways.
*

Your discouragement will not edify anyone.
*

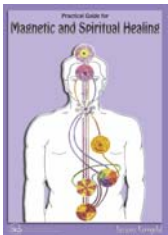
Your tears will not replace the sweat and effort which you ought to employ for the benefit of your own happiness.
*

Your complaints, even if affectionately construed, will never increase other's sympathy for you by one ounce.
*

Do not ruin your day. Learn from Divine Wisdom to forgive endlessly, so constructing and reconstructing for the Infinite Good.

Christian Agenda - by Andre Luiz
(Spirit) through F.C.Xavier

RECOMMENDED BOOKS



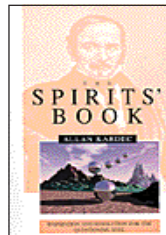
Magnetic and Spiritual Healing

by Jussara Korngold

This book is a practical manual for the use of passes (laying on of hands). It is the most straightforward guide for pass-givers in the spiritist literature as it compiles the best explanations in the Science of the Fluids.

"The act of laying on of hands is not just for a transfusion of psychic energies. It is the ideal tool to balance the mind, and an effective aid to all kinds of treatments. Discouragement and sadness, as much as dissatisfaction and revolt, are syndromes of the soul; they establish imbalances and promote diseases in the body. Where there is health, these states of mind bring about organic disasters; when there is disease, they are equivalent to predispositions for premature death; but this is not all. In every mental unbalance, negative forces enter more easily into action, starting obsessive processes of unpredictable duration. If we use antibiotics as a substance to frustrate the development of microorganisms in the physical body, why not adopt passes as an agent capable of impeding depressive hallucinations of the soul?"

- SAB, 2003

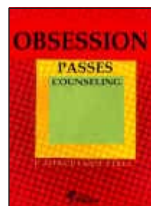


The Spirits' Book

by Allan Kardec

"The Spirit's Book contains the basic tenets of Spiritism. But whether one is a Spiritist or not, this book is a must-read for every spiritually-inclined person. The "dialogues" between Kardec and the spirit instructors reveal a wisdom that challenges many of our preconceived notions about our spiritual reality, as well as about the causes and purposes of many things and events that are seemingly inexplicable.

- AKES, 2003



Obsession

by J. Herculano Pires

"This book contains a great summary on one of the most common spiritual pathologies on Earth: obsession. Based on Kardec's works, J. Herculano Pires explains what is obsession, its causes, consequences and main features. On the last two thirds of the book, he brings us the tools to treat it: the passes and counseling. It is certainly a straightforward guide."

- SAB, 2004



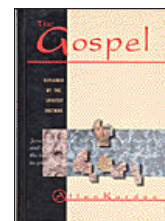
In the Domain of Mediumship

by

F.C. Xavier /Andre Luiz

In this book Andre Luiz offers us a valuable and remarkable account of his experiences when studying the subject of mediumship. -"In the Domain of Mediumship" is pivotal for all those who seriously and responsibly desire to approach mediumship. At the same time its reading is extremely enlightening it is also written in Andre Luiz's particularly captivating way, which envelops the reader's attention through the last page.

- SAB, 2004



The Gospel - Explained by the Spiritist Doctrine

by Allan Kardec

"The Gospel rediscovers the richness of the New Testament. Allan Kardec's selection of the timeless moral teachings of Jesus is the rock on which we are called to establish our spiritual houses and to build a new human community. It reintroduces us to a work that has shaped our thought for thousands of years."

- AKES, 2001